

BORNDARA

Bicycle Users Group

Rides Supplement June 2011

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

Surrey Hills Cycling groups ride weekly.

Monday is a mixed group with a set program of rides which are 35-60km.

Wednesday is Women's Cycling 'WOW' group that usually starts at 8:30 and cycles 30-60km. The group leader sends out an email giving details of the ride which is usually decided on during the morning tea break for the next week.

Both groups are very friendly and medium paced and there is the possibility of new slow group starting soon. New comers are very welcome!

Direct enquires to Surrey Hills Neighbourhood House 157 Union Road Surrey Hills 98892467 or info@surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2011

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is sometimes chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50-60km).

- We generally meet at **10am** at the 'Place to meet' (see below) or catch the train closest to this if time is not specified. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact **Janet Bennett** by e-mail jfbpgb@bigpond.com or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
June 1 st	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – Merri creek and Upfield rail trails circuit ~ 20km	Easy
June 8 th	Footbridge in Southbank, MEL 2F F7	<i>A northern circuit via trails and ring road path</i> – Out the Merri creek trail to the Western Ring rd trail, maybe explore Darebin creek upper and return to Ring rd trail and return via the Plenty River and Main Yarra trails ~ 60km.	Med
June 15 th	Footbridge in Southbank, MEL 2F F7	<i>Short ride</i> – to the Spare Chair café in Kew for coffee and the best cake in Melbourne ~ 15km	Easy
June 22 nd	Footbridge in Southbank, MEL 2F F7	<i>Alison's around Melbourne circuit</i> – the Capital City trail to Kensington for coffee then continue across to the Maribyrnong river trail and the Bay West trail to Altona and return via Footscray rd. ~ 50km.	Med
June 29 th		No ride	

Whitehorse Cyclists Inc

Last updated 1 June 2011

Date	Destination	Description	Distance and grade	Leader Contact
See us in the local news: Box Hill Ringwood Rail Trail project				
Did you know we have won Whitehorse Sports Club of the Year Award again this year: 2009 and 2010!				
Download the calendar for May-June 2011 rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.				
Jump below for a description of the types of rides we do. Regional and interstate and overseas rides are not listed here. They are restricted to members.				
Thu 09/06 9.30am	Medium Thursday Brighton Beach	Gardiners Ck Tr, East Malvern, (M)Hughesdale, Murrumbeena, McKinnon, (L)Brighton, (B)Elwood, Port Melbourne, Southbank, Richmond, Hawthorn Camberwell, Canterbury.	65 E/M	Barry McC 0402 419 792
Sun 12/06 9.30am	Easy Sunday Farmers' Market*	Koonung Ck Tr, Nunawading, Blackburn Lake, (B)Laburnum, Bushy Ck, Valda Ave. *BYO produce bag	<30 E	Keith M 9857 5805
Download the calendar for May-June 2011 rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.				
Sun 12/06 9.30am	Sunday Docklands	Fairfield, Abbotsford, Capital City Tr, (M)Docklands, Footscray Rd, Westgarth, Ivanhoe.	45 E/M	Susan L 9853 3774
Tue 14/06 9.30am	Easy Tuesday Sushi Wushi Lunch	Main Yarra Tr, (M)Diamond Ck, Eltham early lunch Sushi Wushi \$16 a hear. Return Main Yarra Tr by 1.30pm.	30 E	Gill B 9725 5310
Tue 14/06 9.00am	Medium Tuesday Trailblazer	Main Yarra Tr, Outer Circle Tr, Anniversary Tr, (M)Hartwell, Gardiners Ck Tr	50 M	Neil M 9724 9537 0419 514 630
Download the calendar for May-June 2011 rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.				
Tue 14/06 9.30am	Hard Tuesday Ring Road	Darebin Tr, Ring Rd Tr, Federation Tr, Geelong Rd, Somerville Rd.	105 M	Charlie S 9894 3244

Tue 14/06 7:45 pm	<i>Club Night</i>	<i>Corner Station & Combarton Sts Monthly Meeting</i>		<i>Mike W 9509 1290</i>
Thu 16/06 9.30am	Easy Thursday Oakleigh	Gardiners Ck Tr, (M) Oakleigh, Mt Waverley	27 E	Elaine H 9877 1424
Thu 16/06 9.30am	Medium Thursday Edwardes Lake	(M)Fairfield, (L)Edwardes Lake, (B)Reservoir.	54 M	Bruce E 9848 4804
Thu 16/06 9.30am	Hard Thursday Arthurs Creek Rd	Hurstbridge - Arthurs Creek Rd	90 H	Barry McC 9848 1154
Sun 19/06 9.30am	Sunday Winter Solstice	Anniversary Tr, (M)Sandringham, Bay Rd, North Rd.	45 M	Anna V 9830 4195 0407 887 672
Tue 21/06 9.30am	Easy Tuesday Westgate Park Loop	Rushall RS, MCG, Southbank, Light Rail, Hobsons Bay, Westgate Park, (M)Yarra's Edge, Docklands, Flemington, Capital City Tr. Some cute new places, spectacular views. All invited to a final coffee at Barbro & Steve's home.	32 E	Barbro R 9077 9360 0417 033 322
Tue 21/06 9.00am	Medium Tuesday Bundoora or Bust	Anniversary Tr to Fairfield, Darebin Ck Tr, (M)Bundoora, Macleod, Burke Rd Tr, Hays Paddock, Anniversary Tr.	40 M	Bruce D 9852 1921 0430 225 295
Tue 21/06 9.30am	Hard Tuesday Strathewen	Eltham, Acqueduct Tr, Arthurs Ck Rd, Strathewen, Cottles Bridge Rd, Eltham.	105 M/H	Kerry McN 0419 769 420
Download the calendar for May-June 2011 rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.				
Thu 23/06 10:05 am	Easy Thursday Federation Trail	Werribee to the City via Federation Trail, (M) Hoppers Crossing, Spotswood RS, Footscray RS, Southern Cross Note: Catch Werribee train from Flinders Street at 9:21am or Southern Cross at 9:24 am arrives at Werribee at 10:02 am. If you miss this train, meet us at the Hoppers Crossing bakery for coffee.	40 E	Joyce H. 0419 102 268 9877 3216
Thu 23/06 9.30am	Medium Thursday Elwood	Main Yarra Tr, (M)Clifton Hill/Richmond, Southbank, Port Melbourne, (L)Elwood, (B)Elsternwick, Rosstown Tr, Main Yarra Tr.	60 M	Peter C 0407 264 128
Sun 26/06 9.30am	Easy Sunday Down on the Farm	Anniversary Tr, Gardiners Ck Tr, Yarra Tr, (M)Collingwood Children's Farm, Yarra Tr.	30 E	Keith M 9857 5805
Sun 26/06 9.30am	Sunday Scotchmans Glen	Anniversary Tr, Nettleton Pk, Gardiners Ck Tr, Scotchmans Ck Tr, (M)Glen Waverley, Glen Waverley Rail Tr, Anniversary Tr.	40 M	Mike W 9509 1290 0488 565 566
Tue 28/06 9.30am	Easy Tuesday Revisiting Beraldo's	Koonung Ck Tr, Main Yarra Tr, (M)North Fitzroy, Boulevard.	35 E	Bruce E 9848 4804
Tue 28/06 9.00am	Medium Tuesday Eastern Suburbs Ramble	Heatherdale, Dandenong Ck Tr, Bayswater, (M)Upper FTG, Ferny Ck Tr, Scoresby, Eastlink, Canterbury Rd.	46 M	John P 9808 4894 0488 999 084
Tue 28/06 9.30am	Hard Tuesday Berwick	Springfield Rd, Mitcham, Dandenong Ck Tr, (M)Endeavour Hills SC, Freeway path, Berwick.	110 M	Gary G 0417 508 974
Thu 30/06 9.30am	Easy Thursday Jells Park	East Link Tr, (M)Jells Park, Shepherds Bush, Dandenong Ck Tr, East Link Tr.	30 E	Brent C 9874 5148

Download the calendar for [May-June 2011](#) rides.(pdf file: 100kb 5 pages) You will need to contact the nominated leader to get the meeting point.

Thu 30/06 9.30am	Medium Thursday Northland	Ivanhoe, Darebin Ck Tr, (M)Northland, (B)Preston, Merri Ck Tr, (B)Rushall, Westgarth.	50 E/M	Bruce D 9852 1921
Thu 30/06 9.30am	Hard Thursday Dandenongs East Side	Ride departs Lilydale after arrival of 9:36 train. Inverness Rd (Melway 52 K5), Kalorama, Falls Rd, Perrins Ck Rd, Grantulla Rd, School Rd, Selby- Aura Rd .	70 H	Eileen Q 0433 609 032
Sun 9.30am	Sunday			
Tue 05/07 9.30am	Easy Tuesday Hughesdale	Gardiners Ck Tr, Urban Forest Res, (M)Hughesdale, Anniversary Tr, Gawler Chain.	35 E	Loreto B 9808 1960 0412 289 236
Easy Thursday Holmesglen	Bushy Ck Tr, Dorking Rd, Gardiners Ck Tr, (M)Highbury Rd, Anniversary Tr, Mont Albert, Gawler Chain.	32 E	Allan M 9898 0415	

WCI Typical Weekly Ride Profiles

EASY TUESDAYS: Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

MEDIUM TUESDAYS: Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

HARD TUESDAYS: Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

EASY THURSDAYS: Similar to Easy Tuesday rides. 30-35km Fortnightly.

MEDIUM THURSDAYS: Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. **EASY**

SUNDAYS: Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly **MEDIUM**

SUNDAYS: Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities.

Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (unless otherwise indicated, Melway ref 32 B4). Visitors are welcome to just turn up. Flexible ride options are available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615. Note: rides may be varied to suit weather conditions.

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

EasyRide: with the “Latte” Group every **Tuesday and Friday (9:30am) 10:00am in winter –** relaxed pace with break for coffee/snack/chat. **See program and details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

<i>Jun 11</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
---------------	-------------------	--------------------	---------------

Sun 5	<i>Gasworks Park</i> 50 km MAP	Out through Port Melb. Return by Tan and Yarra Trail.	Richard B/ 9459 8648
Tue 7	<i>Donvale</i> 35 km MAP	Out by Manningham Bridge, Templestowe, Donvale Streets to Linear Park (Rest) Home by Tindalls Rd and Koonung Creek Trail. (H2 & H3 Hills on ride).	Robert R/ 9439 1078
Wed 8	General Meeting – Watsonia Library – 8:00pm		
Sun 12	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Tue 14	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement	
Sun 19	<i>Malvern Park</i> 45 km MAP	Out by Wilson Reserve, Capital City trail, Gardners Creek trail, Menzies reserve, to Malvern Park. Return by Gardens Creek, Ferndale Reserve, Anniversary Trails.	Graeme V/ 9435 9688
Tue 21	<i>Westmeadows</i> ~65 km. Note lunch	9.30am start to arrive midday. Capital City and Moonee Ponds Creek Trails for lunch at Westmeadows Tavern 10 Ardlie St Westmeadows (03) 9333 1646.	Alan P/ 9435 9428
Sun 26	<i>The Basin</i> 37 km	Ann. Trail to E. Camberwell station (H2). 9.59 Train (prepurchase Sunday ticket) to Bayswater. Dandenong Ck and Mountain H'way Trails (long H1) to The Basin & break at Wicks Reserve. Then Forest Rd to Ferntree Gully. Down Belgrave Trail back to Bayswater. Train to E. Camberwell station, and Ann. Trail home	Richard B/ 9459 8648
Tue 28	<i>Kings Domain</i> 45 km MAP	Yarra Trail, north side to Domain and south side return.	John G/ 9439 3888

Jul 2011

Sun 3	<i>Capital City Circuit</i> 50 km MAP	Royal Park, Docklands (break), Southbank, Yarra Trail.	Lou B/ 9459 6888
Tue 5	<i>Whittlesea (H3 on return)</i> 85 km MAP	Out by streets to Plenty Rd. Follow Plenty Rd bike path and bike lanes to Mernda estates. Through estate. Back to Plenty Rd to Whittlesea. (Rest) Return by Plenty Rd . Arthurs Creek Rd to Hurstbridge. Home by Hurstbridge Rd and DVT.	Allen P/ 9457 1694
Sun 10	<i>Dandenong</i> 70 km MAP	Koonung Trail (final long climb to the Mitcham high point), streets, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale and ride Anniversary Trail home.	Graeme V/ 9435 9688
Tue 12	<i>Belgrave</i> 60 km	Ride to Box Hill station. Take train to Belgrave. Downhill ride to Bayswater and Dandenong Ck. Trail. Then streets (Eastlink an alternative) and Koonung Trail.	Maurie A/ 0409 1060
Wed 13	Combined Dinner – Moon & Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill 6:00pm		
Sun 17	<i>Bundoora Park</i> 40 km MAP	Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.	Richard B/ 9459 8648
Tue 19	<i>Newport Gardens</i> 61 km MAP	Out by CCT, Flemington Sales Yard path to Footscray. Tottenham Path then streets and paths to Newport Lakes Park. Return by Newport, Yarraville and North Melbourne streets and home by St. Georges Rd.	Allen P/ 9457 1694
Sun 24	<i>Sandridge Beach</i> 50 km MAP	Yarra Trail, City to beach. Return by Lorimer St, Docklands, Royal Park (H1).	Graeme V/ 9435 9688
Tue 26	<i>Deer Park</i> ~60 km MAP Note start details	Meet at H'berg station. Take 8.47 train to Flinders St , then 9.27 train to Albion (arr. 9.52). Ride Western Hwy (path/service roads/shoulder) to join Deer Park bypass Trail at Christies Rd. Then Ring Rd, Federation Trails to Geelong Rd. Service road to Somerville Rd (bike lane) to Yarraville and standard route home.	Les D/ 9459 2708
Sun 31	<i>Glen Eira</i> 60 km MAP	To city and Port. Bay Trail to Elwood then inland to Gardenvale. Bike path beside Nepean Hwy to Milroy St intersection. Then into Union St and follow this and Elster path to rail trail at Bentleigh. North past Ormond and	Richard B/ 9459 8648

		west on Leila Rd to Murrumbeena Rd. Then standard link to Ann. Trail and home.	
--	--	--	--

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

June			
Mon 30 May	Melbourne Mystery Treasure Hunt Tour	10-20km easy	Paul Schofield 9444 0249 3573 paulscho@optusnet.com.au
Thu 02 Jun	Endangered Species		Claire
Sun 05 Jun	Drouin to Warragul via Tetoora Rd	60km medium	Di McKinley 94899 325 dmckinleyd@primusonline.com.au
Thu 09 Jun	Cycling through Tibet - Jon Miller		Fiona S
Queens Bdy 13 Jun	Bairnsdale loop & base camp in Bruthen	medium	Glen Rodda 9527 6313
Thu 16 Jun	AGM and supper		Committee
Fri 17 June	Annual Dinner at Sofia's, Burke Rd Camberwell		Kirsty Harris kirstyj@rocketmail.com
Sat 18 Jun	Millgrove-Warburton-Millgrove Aquaduct Trail walk	20km medium	Joe Kenwright 9850 2702
Sun 19 Jun	Hurstbridge-Whittlesea Loop (road bike)	60km medium	Marie Knight 0411 289 794
Thu 23 Jun	Semaine Federale		Matthew
W/E 25-26 Jun	Seymour-Strathbogie staying in cabins	100km medium	Heather Margetts 9495 0510
Mon 27	Half price movie night at the Nova,	Value!	Gail Crennan 9375 3573

June	Carlton	Social!	crennans@bigpond.net.au
Thu 30 Jun	Old-Fashioned Slide Night		Glenn
July			
Fri 01 Jul	Mountain Goat Brewery in Richmond		Jim Freeman 9813 4616 jimfreeman@bigpond.com
Sat 02 Jul	Retro Cruise to Williamstown	45km easy	Joe Kenwright 9850 2702
Sat 02 Jul	Mt Donna Buang Snow Ride #1: with the BV Forums crowd	50km icy hard!	Peter Signorini 9801 5013 petesig@bigpond.com
Sun 03 Jul	Peter's Birthday Ride Fed Square to Beaumaris & return	65km medium	Peter Boemo 9857 5990 p.boemo232@gmail.com
Thu 07 Jul	Riding at Night - Lights		Fiona S
W/E 09-10 Jul	Heathcote Winter Weekend	120-140km medium	Peter Signorini 9801 5013 petesig@bigpond.com
Sat 09 Jul	Drouin Loop	60km medium	Judy Beswick 0419 598 960
Sat 9 - Sat 16 July	Grampians or Otways tour	300km medium	Edmund West 9317 4807 edmundwest@hotmail.com
Thu 14 Jul	Trip Planning and SpokeNotes Deadline		Touring Secretary
Sun 17 Jul	Craigeburn bike path with one way option	30-60km easy-medium	Paul Schofield 9444 0249 3573 paulscho@optusnet.com.au
Thu 21 Jul	Social Night		Graeme
W/E 23-24 Jul	Flinders camping weekend	100km medium	Glen Rodda 9527 6313
Sun 24 Jul	Kyneton loop ride: through the Cobaw State Forest. Mixture of sealed and gravel forest roads with a few lumps.	50-60km medium	Liz Ennis 9419 8926 ennis.elizabetha@gmail.com
Thu 28 Jul	Gael & Graham go Dutch		Elizabeth
Sun 31 Jul	Castlemaine loop	70km medium-hard	Dave Cash 9817 3269 david.cash@rbg.vic.gov.au August 2011 and beyond
August			
at 06 Aug	Mt Donna Buang Snow Ride #2 - the 'full monty' from Lilydale	110km hard	Peter Signorini 9801 5013 petesig@bigpond.com
Sun 07 Aug	Books to Boathouse	30km easy	Peter Boemo 9857 5990 p.boemo232@gmail.com
Sat 13 Aug	Lilydale to Woori Yallock - return along the rail trail	50km medium	Rae McNamara 9859 7825 raemcn@optusnet.com.au

For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at rides@mbtc.org.au.

About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at payments@mbtc.org.au or write to them at PO Box 277, Carlton South 3053

YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>

R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social

E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
JAN 2011							
Sun 1	Ballarat to Melbourne	Any	80	H	John & Paul	Y	Johnrichardson67@hotmail.com
Sun 9	Rooftop Cinema	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 15	Fairfield Station to Volumes in Eltham	Any			Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 23	YHA Golf Day Par 3 Course - Kew	Social	*	*	Jason	Y	Foojas48@hotmail.com
Sat 29							
Sun 30	Grantville – Poowong Rd	R	80	M	Simon		simongwoodford@yahoo.com.au 041241575

FEB 2011							
Sat 5	Bass Coast Ride	A	50	E/M	Ann B & Susan Q	Y	goblues@netlink.com.au 0417553517
Sun 13	Hepburn Springs to Clunes Day Ride	R	100	M	Simon		simongwoodford@yahoo.com.au 041241575
Thu 18	Audax Night Ride: Albert Park to Portsea & Back	*	*	*	*	*	Audax Australia Cycling Club
Sat 19	Daylesford Ride				Nick		nick@spraynozzle.com.au 0417 506493
Sun 20							
Sat 26 & Sun 27	High Country, Quick Arse Weekend Ride				Lloyd	Y	mapman@bigpond.net 0419 006010
MAR 2011							
Sat 12	Opshop Ride : Sydney Road				Susan M		Matzsu.1@gmail.com 0401 617 906 or 9442 2831
Sun 13	Moriac to Lorne Day Ride	R	120	H	Simon	Y	simongwoodford@yahoo.com.au 041241575
Sat 19 & Sun 20	Blood under the Southern Cross Weekend				Jason	Y	Foojas48@hotmail.com
APR 2011							
Sat 2 & Sun 3	Forrest Ride			E/M/H	Susan	Y	goblues@netlink.com.au 0417553517